



Cold Turkey

Since 1976, the American Cancer Society has hosted the **Great American Smokeout, (this year, Thursday, Nov. 19)** a public awareness event to encourage people to quit smoking. Organizations across the country use the event to encourage smokers to take action to quit smoking. **Smoking accounts for nearly one in three cancer deaths in the United States** and increases the risk of cancers of the lung, mouth, larynx (voice box), pharynx (throat), esophagus (swallowing tube), kidney, cervix, liver, bladder, pancreas, stomach, and colon/rectum, as well as for myeloid leukemia.

Smoking not only causes cancer, but it also damages nearly every organ in the body, including the lungs, heart, blood vessels, reproductive organs, mouth, skin, eyes, and bones. **About 1 out of 5 (480,000) deaths in the United States are due to smoking.** While the smoking rate has dropped significantly, from 42 percent in 1965 to 14 percent in 2017, the gains have been inconsistent. Some groups of Americans suffer disproportionately more from smoking-related cancer and other diseases, including those who have less education, who live below the poverty level, or who suffer from serious psychological distress, as well as certain racial and ethnic groups, and lesbians, gays, and bisexuals.

Quitting smoking can be extremely difficult. Experts say the best approach is to start with a plan and seek support. Quitting often takes multiple attempts. Smokers are strongly advised to use proven cessation methods, such as nicotine replacement therapies (NRTs, such as patches, gum, lozenges, etc.) or prescription medications and counseling, or a combination of all, to quit smoking. It's a good idea to talk to your doctor or pharmacist to get their advice. Support is also important. Stop-smoking programs, telephone quitlines, self-help materials such as books and pamphlets, and smoking counselors or coaches can be a great help.

If you think you are ready or are contemplating stopping, please refer to the websites below for assistance that is free, confidential, and helpful for you to reach your goal/s. One day...maybe cold turkey?...maybe a phone call or internet search...maybe your provider/a prescription medication...think about it...Read below if you would like to reach out!

Additional Resources to Help You Quit Smoking

In addition to the below resources, talk to your provider about strategies for quitting that may be right for you.

Government Resources

Smokefree.gov

A website dedicated to helping you quit smoking with tailored resources for women, veterans, teens, Spanish speakers, and people over 60 years old.

[FDA 101: Smoking Cessation Products](http://FDA101.org)

How FDA-approved medicines can help you quit smoking.

[YouCanQuit2](http://YouCanQuit2.org)

A quit-smoking support website for military personnel and their families, sponsored by the Department of Defense.

Other Online Resources

[American Cancer Society](http://AmericanCancerSociety.org)

How to quit smoking or smokeless tobacco.

[American Heart Association](http://AmericanHeartAssociation.org)

Information and resources for quitting smoking.

[American Lung Association](http://AmericanLungAssociation.org)

Information on how to quit smoking, including top tips.

[Truth Initiative](http://TruthInitiative.org)

BecomeAnEX, a free, online plan to help you quit smoking.

[North American Quitline Consortium](http://NorthAmericanQuitlineConsortium.org)

A map with quitline services available in your area—click on your state!